

The One

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Count: 32 **Wall:** 2 **Level:** Newcomer

Choreographer: Conny van Dongen (NL) February 2020

Music: The One by Tamara Walker - BPM: 104

Note : 2 restarts

(S1) SIDE STEP, BACK CROSS ROCK STEP, CHASSÉ, CROSS ROCK STEP, CHASSÉ 1/4 TURN R

1-3RF side step, LF cross behind RF, RF replace weight

4&5LF side step, RF together, LF side step

6-7RF cross step, LF replace weight

8&1RF side step, LF together, RF 1/4 turn R step forward

(S2) PIVOT TURN, LOCK STEP, POINT, POINT, BEHIND, SIDE, CROSS

2-3LF step forward, 1/2 turn R

4&5LF step forward, RF cross behind, LF step forward

6-7RF touch toe forward, touch toe R side

8&1RF behind LF, LF side step, RF cross step

(S3) SIDE STEP, HIPSWAYS, CHASSÉ, BACK ROCK STEP, LOCK STEP

2-3LF side step and sway hip L, sway hip R

4&5LF side step, RF together, LF side step

6-7RF step back, LF replace weight

8&1RF step forward, LF cross behind, RF step forward

(S4) PIVOT TURN, FULL TURN R, 1/4 PIVOT TURN, CROSS

2-3LF step forward, 1/2 turn R

4-5LF 1/2 turn R and step back, RF 1/2 turn R and step forward

6-7LF step forward, 1/4 turn R (weight on RF)

8LF cross

RESTART wall 4 & 8

Dance up to count 8 of S2, than on & make 1/4 turn L and LF step forw.

Start over!!

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